

# WESTERFORD HIGH SCHOOL

*From the Office...*

**We urge all parents to ensure that their contact details are up-to-date.**

**Please contact [admin@westerford.co.za](mailto:admin@westerford.co.za) in this regard.**



## **INTERACT'S DRIVE TO PROTECT FEMALE EDUCATION:**

For many girls in South Africa who come from underprivileged backgrounds, the beginning of puberty (beginning of their menstrual cycle) is cause of a massive decline in their school attendance. This results in their marks falling and can ofteneven lead to their dropping out of school completely.

One of the reasons for this high drop-out rate is the lack of sanitary protection. Because they are unable to afford that protection, their view of womanhood is changed. Instead of being a time to learn about their body and embrace a new chapter in life, the whole experience is transformed into a stigmatized, shameful and embarrassing one. This has dire consequences for the girls' education and their futures.

Interact decided to hold a week-long drive for sanitary products in order to help girls from these backgrounds understand and learn to cope with their periods. Not only did the drive provide the products they wouldn't necessarily have had before but it hopefully also helped to boost their confidence as they no longer would have to feel ashamed or embarrassed about their bodies. Women and girls coming into womanhood should learn to love their body and embrace everything about it; having the tools to look after yourself and feel good makes all the difference.

Well done on a successful drive!

*Robyn Fabian, Grade 11*

## **INTERACT'S VISIT TO HUIS LÜCKHOFF RETIREMENT COMPLEX**

Huis Lückhoff is a retirement complex situated in Rosebank. It is partly subsidised, which means that the facilities are as accessible as possible to all pensioners. Huis Lückhoff boasts neat, comfortable and easily accessible rooms as well as a shared dining room and lounge. It has both one-room accommodation units with cooking facilities for pensioners who are still able to live alone and an Assisted-Living unit which has a specialised Alzheimer's Ward with trained nurses on duty. A sick bay is open to all residents.

Interact took a group of students to the Home and spent an hour with the residents. They brought along cupcakes and were offered endless cups of tea and chat in return. The lounge was filled with music and chatter as students played songs on the piano and took part in highly competitive board games. The Huis Lückhoff residents had inspiring stories to tell and the group of students left feeling happy and sure that they had, on that day, put a smile on many faces.

This is a regular Interact event so make sure to sign up next time!

*Hanna Lehtinen, Grade 11*

## **LIBRARY SOCIETY'S KAHOOT EVENT**

The Library Society decided that, with the exams just a little over a week away, they should host an event to calm everyone's nerves. So it was that they held a Kahoot event, a trivia question game which is played in a group. With a turnout of around 10 people, the event was short and sweet, with a general theme of Halloween, focusing on horror movies and villains. **Carys Gilbert** set up the quiz and most people enjoyed it, the questions on horror villains keeping the audience active. Everyone was excited and happy while still keeping up the seriously competitive spirit.

The event was fun and helped to lighten the strain of the weight of exams on the student body's collective shoulders.

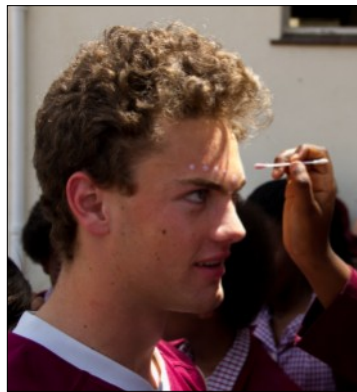
*Piper Turner, Grade 10*

# WESTERFORD HIGH SCHOOL

## CONGRATULATIONS!

- Well done to **Kia Gibbs, Grade 9**, for winning her 800m race at the Top 20 event and to **Daniel Benn, Grade 11**, for coming third in his sprint event.
- **Tabitha Short, Grade 11**, has been selected to dance in the Cape Town City Ballet performances of Peter Pan at Artscape from 16 December to 8 January 2017
- **Emily Van Coller, Grade 9 (89%)**, **Chelsea Van Coller, Grade 11 (91%)**, **Matthew Kingwill, Grade 11 (95%)** and **Keetah Konstant, Grade 11 (96%)**, did their Trinity Speech and Drama Practical Exams on 28 October and all achieved distinctions. They attend Spotlight Drama Studio and are trained by Deborah Gildenhuys.
- **Ashley Morris, Grade 8**, has been awarded WP Half Colours for Swimming this year

## XHOSA FACE-PAINTING EVENT



## FOREIGN CULTURES SOCIETY'S "GUESS THE LANGUAGE QUIZ"

Did you know that *Kila la kheri* means 'good luck' in Swahili? On 27 October several Westerfordians from a range of grades came to test their language knowledge at the Foreign Cultures "Guess the Language Quiz". The room was quiet; the competitors had their eyes on the prize as they answered the ten questions in an individual paper-based quiz format. The competition was fierce with the end result sending in a four-way tie between **Nive Dudley**, **Natasha McDaid**, **Keegan Wells** and **Greta Frieslaar**.

Fortunately there was enough chocolate for all! Despite the competitive nature of the event, everyone enjoyed themselves and learnt something from it!

*Sarah Woolard, Grade 10*

## "HOW TO UNDERSTAND YOUR JEWISH FRIENDS"

SJA (Student Jewish Association) held an event titled "How to understand your Jewish friends". The event was a great success and many Hebrew words and phrases were learnt. Co-chairperson, **Avi Moodley, Grade 9**, explained how the event did not have a religious focus, but one on an appreciation of Hebrew and Jewish culture.

The iconic game "Broken Telephone" was played (talk about a throwback to primary school) with Hebrew phrases. Through learning to say "meshuganah", pupils were taught how to ask their Jewish friends if they're crazy, and by saying "ma nicha", pupils learnt how to ask their Jewish friends, 'What's up?' The society took people who knew nothing about a language and gave them tips and tricks on how to have a fun conversation with their Jewish friends. The event was a perfect display of appreciation and respect for different cultures at Westerford.

*Jenna Jones, Grade 10*

# WESTERFORD HIGH SCHOOL

## ARA ELAND TALK

ARA hosted Betty Botha on Thursday 27 October to speak about the Eland and the conservation research project regarding it.

Betty Botha is from the Rondevlei Nature Reserve. She spoke about the Eland Project which involves a herd of five Eland which has been taken to the Rondevlei reserve. The Eland are all approximately one year old. The project is to see if having Eland in a specific area will help reduce overgrown vegetation and help the environment overall. The project is in its first year and will take a few years to be completed. A fascinating video was then shown about how the project started and about the five Eland involved. The talk proved to be very interesting for all the people who attended.

Many thanks go to ARA for organising this event as well as to Betty Botha for coming to speak.

*Luke van Wyk, Grade 10*



PUPILS LISTENING ATTENTIVELY AT THE ARA TALK.

## KEEPING WESTERFORD SPORT CLEAN

On Thursday 27 October, the History and Current Affairs Society (HCA) hosted Hendrik de Villiers, a former tri-athlete who reached national level and who currently works as a speaker and anti-doping agent for the South African Institute for Drug-free Sport (SAIDS), helping raise awareness about doping in sport. This event had a good attendance of interested students.

Mr de Villiers talked about many aspects of controlling and preventing athletes from doping. He mentioned the procedures put in place and the tests done to detect performance-enhancing substances in the athletes. The legislation that has to be put into place to add a drug to the list of banned substances was also discussed, as well as the list of banned substances themselves.

This talk was a big success and thanks must go to HCA for organising it. With talks of this calibre, Westerford looks forward to the rest of their cultural year.

*Thomas Hansen, Grade 11*

# WESTERFORD HIGH SCHOOL

## THE FALL: A PLAY FOR THE MASSES

The Drama Society took a group of students to see *The Fall*, a play created by UCT graduates addressing the issues and protests that arose with what has been known as the “hashtag” movements, such as #Rhodes Must Fall. *The Fall* is a production which encapsulates the passionate emotions, fears and beliefs of the students who are fighting for justice. It begins with the occupation of one of the buildings, as a start to #Rhodes Must Fall. With powerful songs, movements of protest and dances of passion and excitement, the play begins in a whirlwind of excitement and optimism which begins to fade as each movement progresses.

*The Fall* encapsulates issues of patriarchy in African society, the binary of gender, oppression of homosexuals and, as a main theme, racism two decades after Apartheid and the problematic effect it has for the black and coloured youths of South Africa.

With only three tables and a projector, the cast creates incredible changes in scenery and emotion through dancing, singing and recounting events of the emotional protests which sparked international following and controversy. *The Fall* explains the meaning of every protest, every contradiction, every issue raised by these movements; from White Supremacy, classism, financial aid to the inability to support families in need.

The cast combines into a beautiful mesh of people who represent the movement accurately. With every rise in tension, every conflict and every victory, the characters come closer together as they recount their memories of these protests and how they felt included or excluded. From gender issues of “cis hetero males” to the pain non-binary students feel, *The Fall* is a play with humanity.

**Yuri Behari Leak, Grade 11**, commented on the play, saying that it was incredibly moving. It brought cheers from the audience, it brought joy, uniting those in the audience who related to the oppression the cast felt.

All in all, the Drama Society’s event was an incredible success, enlightening all people who attended. *The Fall* was an absolutely beautiful play which filled the audience with emotion.

*Piper Turner, Grade 10*

## OAKHURST - SANDY ELAND FAREWELL

We invite all past and present members of the Oakhurst Family to join us in saying farewell to Sandy Eland after 36 years of dedicated teaching at Oakhurst. A Bring-Your-Own Picnic will be held at Oakhurst on Wednesday 30 November from 17:30 – 19:30. Extra parking will be available at RBHS in their aquatic centre on Oakhurst Avenue. We look forward to seeing you!



## IMPORTANT DATES

### NOVEMBER

Thurs 17 Budget PTA 19h00  
Wed 23 Exams End

### **New November date for the Carol Service!**

Mon 28 Carol Service 19h30  
Families may picnic on the field beforehand.  
(Rehearsal 12h20 – 13h30 compulsory - for orchestra and choir)



### DECEMBER

Thurs 1 Mark Check  
Wed 7 School Closes - Pupils  
Fri 9 School closes – Staff

# WESTERFORD HIGH SCHOOL

## 'TROUSER-WETTING' INDEED

Halloween and all those at Westerford know what that entails ... the truly terrifying annual Fright Night, hosted by the Library Committee. This film evening has a reputation of being the scariest school event **by far** and one that always manages to bring a crowd.

The costumes donned by the event-goers did well to set the creepy mood, especially that of one specific individual who arrived wearing a nearly life-like costume of physics teacher, Mr Gabru. *The Conjuring 2* was the film of choice for the night, being regarded by many as 'trouser-wetting' and 'nightmare-fuelling'.

Those who couldn't handle the frightful frivolities of the flick took refuge in the Library's kitchen for a short breathing exercise to calm themselves. But for those iron-willed individuals who continued to watch, it was made barely bearable by the wonderful catering of popcorn, sweets and other snacks provided by the committee.

Library Committee's Fright Night was a screaming success that kicked off the Halloween festivities with howls of delight.

*Noah Rothschild, Grade 10*

## WIGGLE WAGGLE WALKATHON

On Sunday 30 October, eleven students woke up at the ungodly hour of seven-thirty to help out at the SPCA's annual Wiggle Waggle Walkathon.

This year the Walkathon had a spooky theme in the spirit of Halloween and participants were encouraged to dress up, including the enthusiastic pups! Batman and Superman (or should I say Batdog and Superdog) made an appearance as well as their keen owners, dressed up as a variety of things, including their own canines. Pupils helped to fill water buckets for the dogs and manage the water stations, as well as keep dogs under control – a few dogs even went for a swim in the buckets!



The day was a huge success for the SPCA and help from Westerfordians was greatly appreciated. It was a lovely opportunity organised by ARA (Animal Rights Activists) for pupils to help an organisation that does so much for animals in the Western Cape.

*Jenna Jones, Grade 10*



## WESTERFORD'S NEW RESERVOIR



# WESTERFORD HIGH SCHOOL

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(Mr Allan Adriaanse is the WHS Maintenance Manager)



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